

Abstract

A method of pressing on pressure points and/or muscles in a back or other part of a user using a round ball is improved by pressing on the pressure points and/or muscles using a gel ball having a diameter of between about 45 and 70 millimeters. The density of the gel ball ranges between about 0.75 and 1.2 gm/cm³, and the ball being made of a polyether polyol gel material.